	Name	Age Category	Minutes	Seconds	Total Time	Adjusted Time	Points
	LONG						
1	Neil Harvatt	M50	37	49	2269	1724	1000
2	Paul Murgatroyd	M40	33	25	2005	1764	977
3	Phil Longstaff	M55	41	48	2508	1781	968
4	Dave Gourlay	M45	38	6	2286	1875	920
5	Terry Crosby	M50	42	12	2532	1924	896
6	Robert Parkinson	M50	42	25	2545	1934	892
7	Andy Lucas	M45	39	34	2374	1947	886
8	John Fulwood	M60	50	13	3013	1958	881
9	Elizabeth Parkinson	W16	45	41	2741	2001	862
10	Ian Wells	M55	47	23	2843	2019	854
11	Martin Wheeler	M55	47	51	2871	2038	846
12	Paul Barnes	M35	37	55	2275	2139	806
13	Joanne Nell	W45	47	21	2841	2159	799
14	Kevin Kirk	M16	46	27	2787	2202	783
15	Amanda Mylett	W55	57	49	3469	2255	765
16	Tom George	M16	48	31	2911	2300	750
17	Dave Raynes	M55	55	16	3316	2354	732
18	Charlie Thomas	M18	47	28	2848	2421	712
19	Jon May	M21	40	26	2426	2426	711
20	Sean Harrington	M50	53	22	3202	2434	709
21	Lewis Goddard	M14	56	26	3386	2472	698
22	Karen Williams	W40	50	15	3015	2472	698
23	Helen Parkinson	W40	50	46	3046	2498	690
24	Terry Matthews	M55	58	50	3530	2506	688
25	Paul Taylor	M40	47	49	2869	2525	683
26	Chris Smith	M40	55	12	3312	2915	592
27	Andy Parker-Pilsworth	M35	55	56	3356	3155	547
28	Hayley Fox	W35	59	58	3598	3238	533
29	Charlotte & Sam Towers	W10	89	27	5367	3328	518
30	Imogen & Family Hutchinson	W12	81	39	4899	3331	518
31	Adrian White	M35	59	55	3595	3379	510
32	Matt Smith	M21	57	15	3435	3435	502
33	Jen Healing	W21	59	58	3598	3490	494
34	Dave & Neil Goddard	M40	74	10	4450	3916	440
35	Sue & Sam Bond-Taylor	W12	107	38	6458	4391	393
mp	Jeff Baker	M55	50	27	3027	2149	0

The percentage handicap adjustments will be as follows: M/W 10 & below: 62%; M/W 12: 68%; W14: 71%; M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%; M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%; M70/W65: 55%; M75+/W70+: 50%

	Name	Age Category	Minutes	Seconds	Total Time	Adjusted Time	Points
	SHORT						
1	Steven Barnett	M16	21	15	1275	1007	1000

2	Harry Gourlay	M10	34	56	2096	1300	775
3	Craig Lucas	M12	33	13	1993	1355	743
4	Clare Hanna	W40	30	11	1811	1485	678
5	Hazel Williams	W10	40	37	2437	1511	667
6	Trudy Crosby	W50	36	50	2210	1569	642
7	Toby Williams	M10	42	29	2549	1580	637
8	Sarah Fletcher	W18	33	27	2007	1586	635
9	Bella Williams	W12	40	48	2448	1665	605
10	Nikki Harrington	W45	39	21	2361	1794	561
11	Allsopp Family	M10	50	44	3044	1887	534
12	Matt Whelton	M12	47	51	2871	1952	516
13	David Wait	M14	50	58	3058	2232	451
14	Matt Smith	M16	52	53	3173	2507	402

M14/W 16: 73%; M16/W 18: 79%; M18/W 20: 85%; M20: 97 %; M21: 100%; W 21: 97%; M35: 94%; W35: 90%; M 40: 88%; M45/W40: 82%; M50/W45: 76%; M55/W50: 71%; M60/W55: 65%; M65/W60: 60%; M70/W65: 55%; M75+/W70+: 50%